Long Answer Questions on Assessment of Obesity and Cardiovascular Risk

- **Question 1-** Describe the different methods used to assess obesity, including body mass index (BMI), waist circumference, and waist-hip ratio. How do these methods differ, and what are their respective advantages and limitations?

- **Question 2-** A 35-year-old male patient presents with a BMI of 32 kg/m2. Discuss the potential health risks associated with his obesity, including cardiovascular disease, type 2 diabetes, and certain types of cancer.

- **Question 3-** What is the role of waist circumference in assessing cardiovascular risk? How does waist circumference relate to visceral fat, and what are the implications for health outcomes?

- **Question 4-** Compare and contrast the World Health Organization's (WHO) BMI categories with other classification systems used to define obesity. How do these different systems impact the diagnosis and management of obesity?

- **Question 5-** Discuss the relationship between obesity and cardiovascular disease, including the underlying mechanisms and pathophysiological changes. How do factors such as insulin resistance, inflammation, and dyslipidemia contribute to cardiovascular risk?

- **Question 6-** A 40-year-old female patient with a history of hypertension and hyperlipidemia presents with a waist circumference of 95 cm. Discuss the implications of her central obesity for her cardiovascular health and management.